

# NEWS RELEASE



FOR IMMEDIATE RELEASE

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## Central Valley State Park Lifeguard Swim Tests

### State Parks Testing for the Best!

The California State Park Lifeguard Program will conduct its annual swim tests this weekend for Millerton Lake and San Luis Reservoir State Recreation Areas. Tests will be held for both returning seasonal lifeguard staff and for the brave hopefuls trying out for a seasonal lifeguard job at a state recreation area or reservoir this summer, State Park officials said today.

Beginning at 10 a.m. Saturday (March 26, 2005) at the Millerton Lake State Recreation Area, seasonal lifeguards will enter the lake at Lone Pine Beach to test their mettle in the waters off Rattlesnake Island.

Candidates trying out to be seasonal lifeguards will need to bring a picture ID with them to the swim test site. Those candidates who are between 16-18 yrs of age need to obtain a parental release form prior to testing, or bring a parent or legal guardian to the testing location.

"We strongly believe in testing our lifeguards in the very waters that they will be making rescues in," said Alex Peabody, State Parks' Aquatic Safety Specialist. "Each year we require our returning lifeguards to make a 1,000 yard open water swim in 20 minutes or less."

Recruits who are trying out must not only make the 1,000 yard swim, but they are immediately timed in a 200-yard run, 400-yard swim, and a 200-yard swim with a time limit of 10 minutes.

If they make it through this competitive, physical testing process, recruits are then invited to an oral interview. Ranked according to their interview, the top candidates earn a seat at the California State Park Lifeguard Training Program. This is an eight-day, 80-hour program where they are instructed in advanced first aid, resuscitation, rescue and emergency procedures. In addition, every day they have to complete their "daily vitamin" -- a physical test involving any combination of running and swimming in a reservoir.

“You might call it lifeguard boot camp,” said Peabody. “Our lifeguard Instructors are no nonsense veterans who have no problem telling a ‘rookie’ that they don’t have what it takes to be a lake lifeguard. There is simply too much at stake.”

According to Peabody, California State Lifeguards made more than 10,000 water rescues along California State Park beaches, lakes, and reservoirs in calendar year 2004. Despite more than 40 million visitors to the parks with developed lifeguard programs, there was not one drowning in water where there was a State Park Lifeguard on-duty, he said. There are more than 85 million visitors to the California State Park system each year.

“It is tragic that in waters where there was no lifeguard service, there were 36 drownings last year in State Parks,” said Peabody. “In the culture of lifeguards, even one drowning is one too many. That is why we train the way we do. We want the best to be out there protecting the public on our beaches,” Peabody said.

### **Information on Swim Tests for California State Park Lifeguards:**

#### **OCEAN TESTING DATES AND LOCATIONS:**

Monterey State Beach	Saturday, March 26, 2005	9 a.m.
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#### **LAKE TESTING DATES AND LOCATIONS:**

Millerton Lake State Recreation Area	Saturday, March 26, 2005	10 a.m.
Moreno Beach, Lake Perris	Sunday, April 17, 2005	9 a.m.
Granite Bay, Lake Folsom	Sunday, May15, 2005	9 a.m.

**For further information on what is required to become a lifeguard, visit the California State Park website at: <http://www.parks.ca.gov/> and click on JOBS. You may also contact specific California State Park areas at the following:**

San Diego County, South	(619) 435-0126
San Diego County, North	(760) 438-2675
Orange County, South	(949) 366-8592
Orange County, North	(714) 536-1454
Los Angeles County, South	(310) 457-2585
Los Angeles County, North	(805) 488-7844
Ventura County	(805) 648-3321
Santa Barbara County	(805) 968-3834
Monterey County	(831) 649-2976
Santa Cruz County	(831) 427-4868
Russian River Area	(707) 865-2391
Southern California Lakes / Reservoirs	(951) 940-5600
Northern California Lakes / Reservoirs (Folsom Area)	(916) 988-0205 Ext. 247
Northern California Lakes / Reservoirs (Millerton, San Luis Area)	(559) 822-2332

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